

PURPOSE IN LIFE AMONG EMPLOYEES AT CORPORATE AND INTEGRATED COMPANY IN JAKARTA: AN INDIGENOUS PSYCHOLOGY ANALYSIS

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Abstract

This study identified the purpose in life among employees at corporate and integrated company in Jakarta, Indonesia. The purpose in life will directly impact on people daily live. Participants comprised of 131 employees from corporate and integrated company. Participants were aged 21 to 60 years old. Participants were asked to answer an open ended question: “*What is your purpose in life?*” The data was analyzed using indigenous psychological approach. Indigenous psychological is the scientific study of human behavior or mind that is native, that is not transported from other regions, and that is designed for its people (Kim and Berry (1993). The result of this study found that the purpose in life among employees divided into three categories. First category is purpose in life for God. This category consists of worship (13%). Second category is for human. This category consists of useful (36%). Third category is for personal. These categories contain well-being (16%), happy (17%), success (14 %), feel better (2%), quality of life (2%). The study showed that base on age 20 to 39 years old, the higher score is purpose in life for human (48%). It also found that base on age 40-60 years old, the higher score is purpose in life for personal (60%). This study also found that purpose in life for God and for personal was higher on age 40 to 60 than age 20 to 39 years old. Furthermore, purpose in life for human, on age 20 to 39 years old was higher than age 40-60 years old.

Keywords: purpose in life, indigenous psychology, worship, useful, happy.

INTRODUCTION

Everyone has a purpose in life. The purpose of human life will be different for each person. Purpose in life is strongly influenced by the environment such as family environment and work environment. Nevertheless, purpose in life has similarity in general such as people want to have good life for their future. However, getting their purpose in life will associate with their personal behavior. So, the purpose of life will directly impact on their daily live.

Along with McKnight and Kashdan (2009) purpose is defined as a central, self-organizing life aim. *Central* in that if present, purpose is a predominant theme of a person's identity. Purpose is *self-organizing* in that it provides a framework for systematic behavior patterns in everyday life. Self-organization should be evident in the goals people create, the effort devoted to these goals, and decision-making when confronted with competing options of how to allocate finite resources such as time and energy. As a *life aim*, a purpose cannot be achieved. Instead, there are continual targets for efforts to be devoted. According to Allwood and Berry (2006), human behavior is shaped by the cultural context in which it developed. They can view discipline of psychology as a complex set of behaviours (including concepts, methods, and interpretations) that emerged in one cultural region of the world.

The purpose in life represents an important but overlooked psychosocial predictor of health outcomes (Scheier, Wrosch, Baum, Cohen, Martire, Matthews, Schulz, Zdaniuk, 2006). Purpose in life may be a significant predictor of health and quality of life (Harrison & Stuifvergen, 2006). Ryff (Lopez and Synder, 2003) purpose in life consists of one's aim and objectives for living including the presence of life goals and a sense of directedness. Those with high purpose in life see their daily lives as fulfilling a direction and purpose and therefore view their present and past life as meaningful.

As one of the countries with the largest Muslim population, Jakarta, problems faced can be overcome with the help of a belief in god. For that purpose they want to live is not free from the influence of the psychological elements and teachings of religious affiliations. The purpose in life, according to Islam, is people must worship our Maker. They do this by remembering Him constantly, through words and actions that bring benefit to others, always seeking to tame our lower desires, and seeking only the good pleasure of Allah. (Gamiet, 2008).

Indigeneous Psychology

Indigenous psychological is the scientific study of human behavior or mind that is native, that is not transported from other regions, and that is designed for its people (Kim and Berry, 1993). In line with Enriquez (Setiadi, 2012), indigenous psychology as a psychological system of thought and practice that is rooted in a particular cultural tradition.

In relation to Yang (2012), indigenous psychology as an evolving system of psychological knowledge based on scientific research that is sufficiently compatible with the studied phenomena and their ecological, economic, social, cultural, and historical contexts. These definitions convey the same basic goal of developing a scientific knowledge system that effectively reflects, describes, explains, or understands the psychological and behavioral activities in their native contexts in terms of culturally relevant frames of reference and culturally derived categories and theories. (Yang, 2012).

METHODS

Participant

The participants consist of 131 (male 103, female 28) employees in Jakarta between the ages of 21–60 years old.

Data collection

Data collection for this study was done by posing the open ended question of “*What is the purpose of your life?*”. The question was based on an open-ended question developed by Kim and Park (2006), which allows the participants to explore their answers as the questions have no definite answer. Open-ended questions also provide a way for researchers to explore ideas to provide additional insight (Glasow, 2005). The data was analyzed using indigenous psychological approach.

RESULTS

According to the categorization of responses from 131 participants, there are 3 categories of purpose in life among employees . First category is purpose in life for God (13%). Second category is purpose in life for human (36%). Third category is purpose in life for personal (51%).

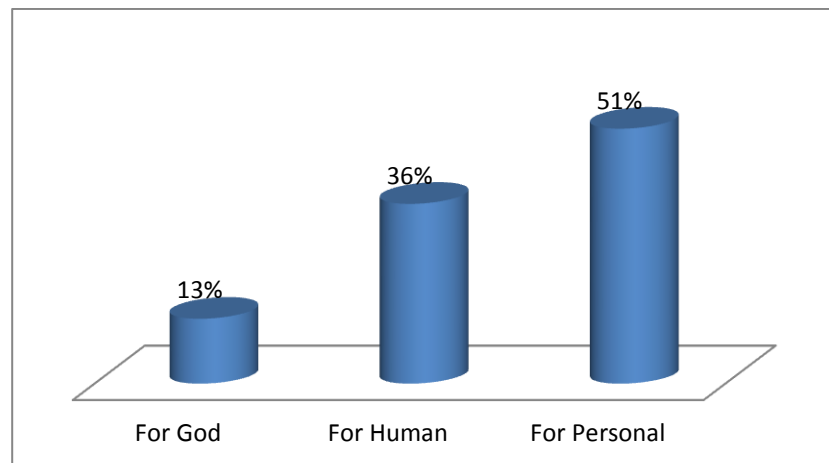


Fig. 1 Purpose in Life

Table 1*Category of Purpose in life*

Category	Male	Female	Total
1 For God	12¹ (12)²	5¹ (18)²	17 (13)
Worship	12(12)	5(18)	17(13)
2 For Human	39(37)	8 (28)	47(36)
Useful	39(37)	8(28)	47(36)
3 For Personal	52(50)	15(53)	67(51)
Well-being	18(17)	3(11)	21(16)
Happy	15(15)	7 (25)	22(17)
Success	13 (13)	5 (18)	18 (14)
Feel better	3 (3)	0(0)	3 (2)
Quality of life	3(3)	0(0)	3 (2)
Total	103(100)	28(100)	131(100)

Note. ¹Frequency response. ² Percentage within the group

Table 1 shows that category purpose in life for God consists of worship (13%). Statement that describes this category: *“achieve the blessing of God”*. Category of purpose in life for human contains of useful (36%). Some of the statement that describe this category are: *“useful for self, family and others”* and *“give kindness for others”*.

Category purpose in life for personal comprise well-being (16%), happy (17%), success (14%), feel better (2%), quality of life (2%). Some of the statements that represent this category are: *“to get well-being in this world and the hereafter”*, *“having a quality of life”*, *“become a successful personal”*, and *“be positive and successful”*.

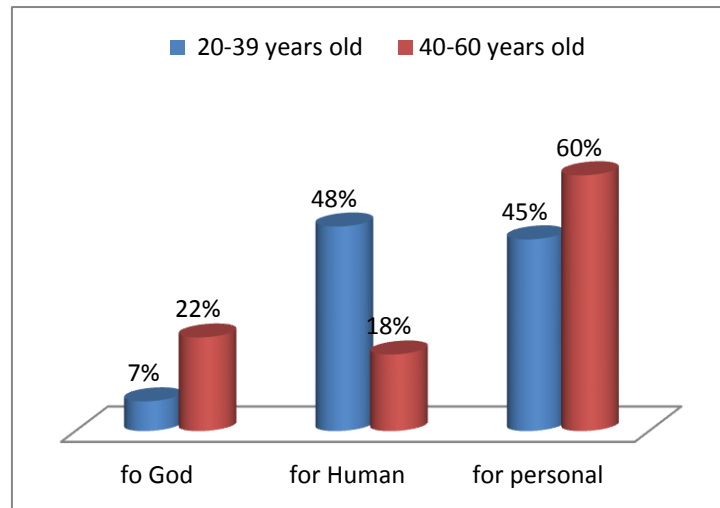


Fig. 2. Purpose in life based on age

Figure 2 shows that purpose in life are explained based on age 20 to 39 years old and 40-60 years old. The study showed that base on age 20 to 39 years old, the higher score is purpose in life for human (48%). It also found that base on age 30-60 years old, the higher score is purpose in life for personal (60%). In addition, this study found that between age 40 to 60, the purpose in life for God and for personal were higher than age 20 to 39 years old. Whereas purpose in life for human, age 20 to 39 years old (48%) was higher than age 40-60 years old (18%).

DISCUSSIONS

The aim of this study basically is to find out the purpose in life among employees at corporate and integrated company in Jakarta, Indonesia. A purpose motivates a person to dedicate resources in particular directions and toward particular goals and not others. That is, terminal goals and projects are an outgrowth of a purpose. A purpose provides a bedrock foundation that allows a person to be more resilient to obstacles, stress, and strain. Persistence is easier with a life aim that resonates across time and context (McKnight and Kashdan, 2009). According to Ryff (Lopez and Snyder, 2003) there are character of purpose in life such as having goals and sense of direction in life, past life is meaningful, hold beliefs that gives purpose to life.

Along with this study, it found 3 categories of purpose in life. First category is purpose in life for God. This category consists of worship. Worship is one of human purpose in life. As beings who believe in the creator, then do the commands of religion is an obligation. Worship as a life goal to help people to be able to lead their lives for the better. Worship in Islam is a wider concept that has formal and informal dimensions. Formal worship is regular prayer, 5 times a day, fasting, charity and pilgrimage to Mecca. Informal worship is any good deed, however small, that is done purely out of love and gratitude to Allah (Gamiet, 2008).

Second category is for human. This category consists of Useful. Useful to others is the goal of human life. Human life in Islam is mentioned that the most beloved of Allah are those that benefit other people. According to Richo (2008) the psychological path shows us what helps us become healthy human beings and have more effective relationships. Spiritual progress means letting go of an inflated ego and becoming compassionate

Third category is purpose in life for personal. These categories contain 5 components: well-being, happy, success, feel better and quality of life. According to Dagnan (2011), well-being as a dynamic state in which the individual is able to develop their potential, work productively and creatively, build strong and positive relationships with others, and contribute to their community. It is enhanced when an individual is able to fulfill their personal and social goals and achieve a sense of purpose in society. In line with Myers and Diener (1995), recognizing that most people are reasonably happy, but that some people are happier than others.

The findings of this study indicates that the three categories of purpose in life showed respondents aged between 20-39 years had the highest score on for human (48%). Furthermore, 45% purpose in life for personal, and 7% purpose in life for God. According to this result, Passer and Smith (2007) proposed people enter an establishment phase, during with they begin to make their mark. Initially, they may experience some mob instability. Eventually, careers tend to become more stable, and people enter a maintenance stage that continues into late adulthood. Along with Baron, Branscombe, Byrne (2008) social influence helps people to understand why basically good people sometimes do bad things and certainly.

The study showed that base on age 20 to 39 years old, the higher score is purpose in life for human (48%). It also found that base on age 40-60 years old, the higher score is purpose in life for personal (60%). This study also found that purpose in life for God and for personal was higher on age 40 to 60 than age 20 to 39 years old. Furthermore, purpose in life for human, on age 20 to 39 years old was higher than age 40-60 years old.

Stone (Molginer et.al, 2011) found that well-being seemed to increase after the age of 50. In accordance with Proctor (2005) Darwin's personal beliefs about God were complex, arguing that it was ultimately a series of incidents, both personally experienced and impersonally witnessed.

CONCLUSION

The study which using the indigenous approach founded that the purpose in life among employees divided into three categories : purpose in life for God (worship), purpose in life for human (useful) and purpose in life for personal. Those categories consist of positive emotions (e.g., worship, usefel, well-being, happy, success, feel better, and quality of life) which might benefit the individual through their life.

This study found that purpose in life divided into two categories: age between 20-39 and age between 40-60 years old. It showed that purpose in life for God and for personal was higher on age 40 to 60 than age 20 to 39 years old. Furthermore, purpose in life for human, on age 20 to 39 years old was higher than age 40-60 years old.

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